

Upstate Coffee: Collaboration is top priority

Company expands and launches new product line

By Joanne E. McFadden

Expansion through collaboration seems to be a business model that is working well for Kevin Chamberlain, the owner of the Upstate Coffee Company in Gloversville. Chamberlain promotes collaboration thoughtfully with upstate New York as the focus wherever he can. “If anybody is trying to start a business, doing it on your own is great, but working together with other people is definitely the way to go,” he said.

This month, he hopes to launch a new cutting-edge product line, CBD single-serve cups, a product he developed in collaboration with New Windsor-based Hemp Farms of New York.

When he moved to Johnstown five years ago, he met the manager of the Mohawk Harvest Cooperative Market in Gloversville who owned the roaster used to prepare coffee beans for the co-op’s café. Chamberlain ended up purchasing the roaster, and then he began the process of learning about the coffee roasting business.

“It was really just to keep coffee going at the co-op,” said Chamberlain, who was working as a production manager for the No. 22 Bicycle Company and roasting coffee beans on the side. However, over the past few years, Chamberlain developed his own



company, Upstate Coffee, trying out different ideas with the coffee and its branding.

Now, he operates Upstate Coffee full-time, with a guiding focus on collaboration with other companies as well as sustainability. The beans Chamberlain

uses are organic fair trade and organic certified from Guatemala, Peru, East Timor, Mexico, Honduras, and Sumatra.

With his Master of Fine Arts in ceramics, he found the roasting process interesting. “Working with the machine, roasting, and the chemistry — with my background, it kind of came naturally,” Chamberlain said.

Most recently, he moved into a new 1,200-square-foot space at 34 West Fulton Street in Gloversville, a perfect location because of its loading dock and freight elevator. Muralist Tony Carter, who painted two murals on walls at Facebook headquarters, will be creating murals for Chamberlain’s new space, which will eventually expand into a roastery and a canning facility for cold brew.

There, he will be roasting his coffee beans using an innovative, green filter in the roaster. The EcoFilter, made by Vortx is based on the design of an industrial scrubber. But unlike the traditional roasting process that releases large amounts of carbon dioxide, the EcoFilter, employs a high-efficiency cyclone. A nozzle sprays water into the cyclone, then warm clean air is released, and the water can be re-

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New building will expand 4X Heaven

By Joanne E. McFadden

No one could question that Vince Perrella is a hard worker. He arises at 2:40 a.m., has some breakfast, works on paperwork, and heads to 4X Heaven around 5:30. He does not leave until 5 or 6 p.m. This 80-hour work week has been his routine for the past 35 years as he built his business, and now it is paying off big time as his business is preparing to move into a newly renovated building in Johnstown.

Perrella’s father served as general manager of John C. Miller Lincoln Mercury on Perry Street in Johnstown for 18 years. Now, Perrella has purchased, renovated, and expanded the building to house

his growing automobile repair shop, which also offers automotive accessories and rust prevention services.

Perrella went to college to be a draftsman but at 27, he decided to open his own automotive business, specializing in four-wheel drive vehicles. Before long, he found himself working on all different types of vehicles as well as offering a variety of automotive accessories that dress up a vehicle or help to prolong the life of a customer’s vehicle.

One problem that Perrella saw repeatedly in his business as well as his personal life was rust damage, and that has been a driving force behind his move to a new facility. His wife Margaret, a retired teach-



er who drove up north for 30 years, saw the damaging effects of rust. “Her first two vehicles rotted out from under her,” Perrella said.

Perrella had found a location out of the area that he could send customers for rust protection. However, he wanted to provide this service locally. About 10 years ago, when he was attending the SEMA show in Las Vegas, a trade-only event for auto-

motive specialty equipment manufacturers and small businesses, he happened on some Krown Rust Prevention representatives from Canada. He had breakfast with them, and they connected him with their representative in the United States.

Perrella visited the company’s headquarters in Canada

See Heaven,
on page 3

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Gloversville Enlarged School District looking for “Talking is Teaching” partners

The Gloversville Enlarged School District (GESD), with the help of partners Nathan Littauer Hospital, the City of Gloversville, The Fulton County Center for Regional Growth, the Gloversville Free Library, Brown's Ford, the Micropolis Development Group, Townsend Leather, and the Gloversville Merchants Association Corporation, is reaching out to the community with an innovative new program to reach children before they enter school and equip them with skills to help them reach their potential.

The message starts with parents of babies born at Nathan Littauer Hospital, who will receive information on the importance of talking, reading and singing with their newborns. Research has shown that parents and caregivers who talk, read, and sing to their newborns and young children each day have children that become stronger readers and bond more with their families. Decades of research show that brains develop the most rapidly in the first years of life, when 700 to 1,000 new neural connections form every second. Babies and young children who aren't regularly talked to, read to, and sung to develop a word gap that makes doing well in school less likely.

The message will be reinforced at pediatrician visits, visits to downtown businesses where posters with ideas on how to talk to your children will be displayed, and on local buses thanks to free “Talking is Teaching” posters and bus cards that are available through “Talking is Teaching,” a project of “Too Small To Fail.”

To make books available 24/7, eleven Little Free Libraries are being installed around the

city; they are already up at the four elementary schools, downtown, and in Spring Street Park. Parents and children can take a book, enjoy it at home for as long as they like, and return it or keep it when done. Most of The Little Free Libraries will be stocked and overseen by Gloversville Enlarged School District volunteers.

The next phase of the campaign will feature a billboard on Route 30A, and newborn gift bags for babies born at Nathan Littauer Hospital, posters in the city's 5 bus shelters, and continually restocking Little Free Libraries (some need to be restocked as frequently as every 2-3 days). Sponsors are welcome to add their logo to these items. The costs are found below:

- One month of a billboard - \$890
- A second month of a billboard (if the logo didn't need to be changed) - \$700
- Bus shelter card - \$100
- “Talking is Teaching” onesie (400) - \$1500
- “Talking is Teaching” totebag (400) - \$1500
- 1500 books (you would be welcome to provide stickers telling of your sponsorship for these) - \$300

Anyone interested in donating to the next phase of this community campaign is asked to send their selection, and tax deductible check to Cather Meher, at 234 Lincoln Avenue, Gloversville, New York. The Gloversville Enlarged School District thanks you in advance for partnering with us to improve the education of our community's children.



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cycled. This sustainable filter results in zero carbon dioxide production does not burn fuel.

Currently, he is waiting for the EcoFilter to arrive, as COVID slowed down production. Once he has this piece of equipment, he will begin producing his new line of CBD Single-serve cups. Some tout CBD as an effective anti-inflammatory and also for its relaxing effects.

The production process is a highly controlled one, which will make it so that each single serve cup will contain 25 mg of full spectrum CBD, which contains only trace amounts of tetrahydrocannabinol or THC, the chemical that produces psychological effects. “You don’t get high,” Chamberlain said. He will have the coffee tested by a third-party lab to ensure the amount of CBD oil in each single-serve cup. “It’s potentially a leader industry product,” Chamberlain said.

Single-serve cups is a recent addition to Upstate Coffee’s offerings. When COVID hit, inns and bed and breakfasts had to pivot in the way they offered coffee to guests. “The Single-serve cups will do really well because COVID really changed the way Airbnbs had to offer their coffee – single serve,” Chamberlain said.

In the spirit of collaboration, Chamberlain launched a search feature on his website to promote the Airbnb

operators in upstate New York. At the same time, these establishments offer their clients Single-serve cups of Upstate Coffee. “I can promote the Airbnbs through my website, so it just helps everybody out,” Chamberlain said. “The people that are going to these Airbnbs in upstate New York, they’re going there for an experience. It makes sense to have Upstate Coffee – a complete package to wake up in upstate New York, have your Upstate Coffee, and then go for your adventure.”

To help nonprofits, Chamberlain is launching www.upstatefundraising.com in early August. Through this website, nonprofit organizations, churches, schools, sports teams, Boy Scouts and Girl Scouts can set up fundraising campaigns where friends and family order coffee through the website, with a portion of the profits supporting the nonprofit. “This idea came out of the co-op mentality, and I am very excited to be able to give back,” Chamberlain said.

Another collaboration was the product Imperial Mocha Stout with Adirondack Brewery in Lake George. The Adirondack Pub and Brewery offers this beer as one of its winter seasonal varieties and also serves Upstate Coffee at the restaurant.

Chamberlain remains loyal to Mohawk Harvest where he got his start in the coffee business, as he sees it as a hub for community connection, the



Upstate Coffee’s products can be found at co-ops and other grocery stores or order through the company’s website.

same goal he has with this website. Upstate Coffee does not have its own coffee shop, so he works closely with Mohawk Harvest. “We work together really well, and it has allowed me to focus on branding, collaboration, reaching out, and brand ambassadors,” he said. “If I had a coffee shop, I think I would be too busy focused on that. Working with Mohawk Harvest has allowed me to do product development, push new ideas, and have fun with everything.”

Chamberlain views the branding of his coffee as an important responsibility. “I want to make sure that I represent upstate New York correctly,” he said. “With the brand ‘Upstate Coffee,’ there’s a lot of responsibility to make sure that I do that in a respectful way.” In his branding efforts, he has talked at length with fish-

ermen, campers, hikers, photographers, and other businesses to make sure the brand has a cohesive focus.

Upstate Coffee offers regular and decaf blend whole bean coffees in light, medium, and dark roasts. The coffees have familiar names, such as Sacandaga Medium Roast, Lake George Medium Roast, and the clever Sleepy Hollow, a dark roast decaf. When a website visitor clicks on the coffee, there is not only a description of the roast’s flavor notes, but also information about the area and suggestions about places to visit.

Customers can find Upstate Coffee at co-ops and other grocery stores or order through the company’s website. For more information, visit www.upstatecoffee.com.

Heaven, continued from page 1

as well as a couple of shops in Canada that used the Krown Rust Protection. “We wanted to see a bigger shop and how it was functioning—how they ran their business, so we would have a better idea of what to do,” Perrella said.

Beyond general repairs, most of 4X Heaven’s business is focused on helping customers extend the lives of their vehicles. “With the price of vehicles today, to just let them rot away is kind of a waste,” he said.

Besides rust prevention, there are other products that can help keep a vehicle in good shape and up its resale value. For example, accessories like truck bed liners, step bars, floor liners and window vent shades are all products that help extend the life of a vehicle. “A lot of loans on these trucks are for six or seven years,” Perrella said.

“To have something sellable and get your money back, you have to do some stuff to keep it in shape,” he said.

Perrella renovated the building, making it energy efficient. He put in new insulation, made changes to the heating system, and installed LED lights, to name a few improvements. The new facility will allow for expansion in several areas. First, it will increase the number of vehicles it can service at a time. Currently 4X Heaven has only two bays. The new building will have seven bays with lifts, one dedicated solely for oil changes. In addition, there will be space to accommodate 10 additional vehicles that do not need to go on lifts.

Perrella also plans to add a new alignment machine and a drive shaft shop where shafts will be built and repaired. Also, in the works is

implementing a new process for cleaning the carbon out of engines without having to disassemble the engines, as is the current practice. “I think it will be a big deal for bigger equipment,” Perrella said.

The expansion will also afford the business a showroom where 4X Heaven can

display accessories that it offers for sale. “Going from an 11-foot to a 30-foot counter will be great,” Perrella said.

More space to service vehicles means that 4X Heaven will also be expanding staff. He currently has five employees in addition to himself and his wife. He wants to hire

two more mechanics and four more employees to do the rust prevention services.

Perrella purchased the former car dealership building in November 2019, and the grand opening is planned for some time in the near future. For more information, visit www.4XHeaven.com.

Volunteers Needed

If you are interested in volunteering at the Fulton Montgomery Chamber Golf Classic, call Nicole Tennant at (518) 725-0641 or email info@fultonmontgomeryny.org

For more information, visit <https://www.fultonmontgomeryny.org/2021-golf-classic/>



Nathan Littauer Hospital Launches New Cardiac Care Program

Collaboration brings new service to patients in Fulton County

Nathan Littauer Hospital recently launched the Primary Care Center's Cardiology Group (PCC Cardiology), a locally owned, locally run practice that makes comprehensive cardiac care easily accessible to patients in Fulton County.

PCC Cardiology at Littauer provides integrated cardiology services for inpatients at the hospital and for outpatients at PCC Cardiology offices in the hospital's medical arts building at 99 East State St.

The new services are provided under a partnership with Albany Medical Center Hospital and Saratoga Hospital, two affiliates in the Albany Med Health System. Under the arrangement, PCC Cardiology patients receive

cardiac care in their community. Those who require a higher level of care – for cardiac catheterization and interventional procedures – are treated at Saratoga Hospital or Albany Medical Center Hospital, as appropriate, and return to PCC Cardiology for follow-up services.

"This Program strikes a nice balance between independence and collaboration," said Sean Fadale, president and CEO of Nathan Littauer Hospital. "Most importantly, it gives Nathan Littauer patients the best of both worlds—high-quality cardiology care close to home, and seamless access to higher level services, if necessary."

PCC Cardiology is the latest example of Nathan Littauer's commitment to de-

liver a continuum of community-based services at Fulton County's only hospital.

"For 25 years, we have been building service lines for our patients," said Patrice McMahon, vice president of primary/specialty care at Littauer and PCC Cardiology project lead. "The development of PCC Cardiology – and the integration of cardiology and primary care services – is a natural progression as we continue to enhance care coordination and the overall patient experience."

Dr. Frederick Goldberg, chief medical officer at Nathan Littauer, cited the expertise of the cardiology team, which has earned American Heart Association recognition for quality measures that improve treatment for patients

who suffer severe heart attacks. Goldberg also emphasized the advantages of having cardiac specialty care and complementary services under one roof.

"We know that early detection is essential in treating heart disease and preventing severe cardiac illness," he said. "Having highly skilled cardiologists on-site at our Gloversville Center will increase opportunities for physicians to identify patients with unaddressed cardiac conditions and coordinate their care."

The decision to invite Saratoga Hospital and Albany Medical Center Hospital to partner with PCC Cardiology reflects Nathan Littauer's determination to continually find innovative ways to deliver specialty care to this rural community.

"We share Nathan Littauer's commitment to excellent, compassionate care. We consider it a privilege to be invited to help provide that to the people of Fulton County," said Angelo Calbone, President and CEO of Saratoga Hospital.

"We are proud to be part of this partnership and to have the opportunity to elevate this community's standards of care by providing easier access to the highly specialized services available through the region's only academic medical center," said Dennis P. McKenna, MD, President and CEO of Albany Medical Center

Hospital.

PCC Cardiology opened in early June, and "Already we are seeing the impact on our community," said Jackie Wilson, practice coordinator. "Patients welcome the convenience of having this care available locally. As word spreads, we expect the momentum to continue."

The new practice also gives Nathan Littauer the opportunity to further its vision of enhancing access to screenings and other services that help detect heart disease early when treatment is likely to be most effective. The hospital will promote these efforts with a social media campaign in the coming weeks.

"Nathan Littauer is focused on positively changing the landscape of heart care within the communities we serve," Fadale said. "With PCC Cardiology and the prevention programs offered through our primary care services, we can make even more progress in strengthening the hearts of our community."

PCC Cardiology at Littauer replaces Cardiology Associates of Schenectady as the provider of cardiac services at the hospital. "They were a good partner, and we wish them luck in the future," Fadale said. "In recent years, we recognized a growing need for organization-centric cardiology services. PCC Cardiology at Littauer meets that need and best serves our community."

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Loveable Dog Rocky at MC-SPCA, Recently Diagnosed with Cancer, Looking for a New Home

What would you do if you had 1,416 days to live? That is the heart-breaking question the staff at Montgomery County SPCA had to ask resident Rocky this week. Rocky is a mixed breed dog that has long been a favorite of the staff and volunteers at MCSPCA during his stay, due to his energetic nature and positivity.

"This week, we received the unfortunate news that a tumor that was removed from Rocky has come back positive for cancer," said Michael Buckley, Interim Executive Director of the MCSPCA. "Rocky has been diagnosed with Keloidal Fibrosarcoma, and has been given an estimated survival time of 2-3 years. We were all shocked to hear it, but it made us work harder than ever to find the right family for this wonderful dog. He deserves a loving home for these remaining years."

Buckley explained that since the tumor is only a grade one, Rocky's time with his new family could be longer, and it is very unlikely the tumor will grow in other places. The tumor most likely will grow back in the original area and will require continued surgeries to remove it when it does come back.

The staff circulated a memo with an imagined response from Rocky to his news. "1,416 days?! That is like 9,912 dog days, I could do so much!! I could go for a long walk or go for a car ride to get a hamburger and go for another walk! I have endless energy, so I really like going for walks. Make more friends! I would really like to have a dog friend to play with, I bet I



could make a lot of friends in all that time! But that still leaves me with so many days! Maybe my walks could turn into hikes, or boat rides? I have never been on a boat, but maybe I will love it! The world is just a beautiful place, and I want to be able to see it all!"

"More than anything, we want to see Rocky go to a good home and be loved by his new family," Buckley said. "A diagnosis like this is never easy, but Rocky is a great dog and will give a lifetime of

wonderful memories to the right people. Please share Rocky's story, we want to get this loving boy into a home as soon as possible!"

People who are interested in meeting Rocky can get in touch with the Montgomery County SPCA at 518-842-8050, to set up a time to visit the shelter. A full list of the adoptable pets can be found online at www.mc-sPCA.org

About Montgomery County SPCA

Serving eastern central New York for over 100 years, the Montgomery County Society for the Prevention of Cruelty to Animals (MC-SPCA) cares for unwanted, abused, abandoned or neglected animals. While we provide sanctuary for companion animals unable to speak for themselves, our work goes far beyond simply housing, feeding and loving these creatures. Our programs and services include a low-cost feline spay and neuter program, a foster-care network, animal legislation advocacy, education, and much more. Founded in 1904, the MC-SPCA continues a long tradition of dedication to the welfare of the homeless, neglected, abandoned and abused animals in the Montgomery County, New York. The MC-SPCA is an independent not-for-profit organization dependent on donations and nominal fees to provide quality care for hundreds of animals each year and to maintain its Animal Shelter. Our ultimate goal is to find loving, caring, forever homes for the animals in our care. We invite you to join us in our work and our quest.

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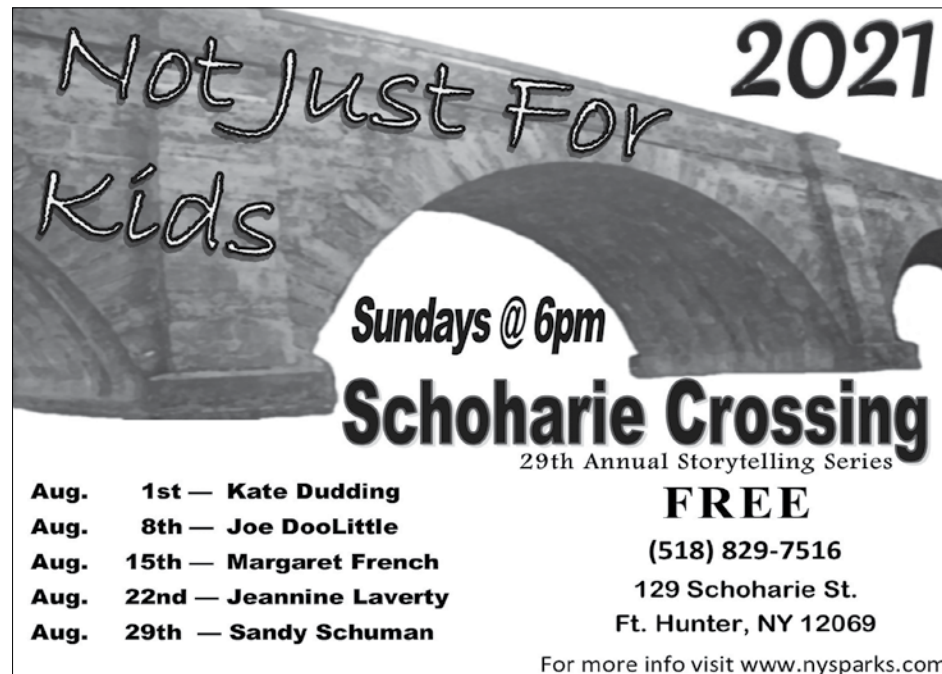
Not Just for Kids Storytelling Returns to Schoharie Crossing

Schoharie Crossing State Historic Site is excited to announce the return of the annual Not Just for Kids Storytelling series on Sunday evenings in August, starting at 6:00pm. This storytelling performance each week is open to the public of all ages. Local tellers, with well-crafted tales will perform during the 29th year of this program at Schoharie Crossing.

On August 1st, Kate Dudding will perform, "Pandemic Ponderings: Stories of How I've Been Coping and Finding Joy." Dudding is a storyteller from Saratoga County and has won several Regional and National storytelling awards such as the Northeast Region ORACLE Award from the National Storytelling Network.

August 8th, Joe Doolittle of Scotia will be at the site to tell, "If the Waters Could Talk, the Stories They'd Tell..." This storyteller delivers with his humorous, good-natured style for audiences throughout upstate New York. He loves to tell personal and family stories and has developed many historically based tales about the early history of the Hudson and Mohawk Valleys and the Erie Canal. Doolittle is also co-producer of Story Circle at Proctors in Schenectady.

Margaret French will perform the program, "Nudging Reality," on



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Aug.	1st — Kate Dudding
Aug.	8th — Joe Doolittle
Aug.	15th — Margaret French
Aug.	22nd — Jeannine Laverty
Aug.	29th — Sandy Schuman

August 15th. She a regular storyteller at Caffè Lena and at Woodlawn Commons in Saratoga. French is also a member of the StoryCircle of the Capital District, LANES (the association for storytellers in the Northeast), and the National Storytelling Network.

August 22nd, Jeannine Laverty will tell, "Summer's on the Move." Laverty lives in Saratoga and has been telling international folk tales since 1979. She has taught weekend workshops in storytelling for adults at Sagamore and

other Adirondack sites since 1980 and performs as part of the storytelling ensemble, SweetLand Storytellers.

Wrapping up the 2021 series on August 29th, Sandy Schuman will perform, "NY's American Anthems: The Stories of Yankee Doodle, Take Me Out To The Ballgame, God Bless America, and More." Schuman is a winner of the Susquehanna Folk Festival Liars Contest and the St. Louis Jewish Storytelling Contest and has been featured at The Northeast Storytelling

Conference, Riverway Storytelling Festival, Caffè Lena, Proctors, Tellabration, and Limmud Boston.

Not Just for Kids Storytelling will be held outside, under a tent near the Visitor Center, 129 Schoharie Street, Fort Hunter, NY 12069. We encourage you to bring a lawn chair or picnic blanket to sit on. The program begins at 6pm and is free to the public due to the generous support of a Saratoga Arts' Community Arts Grant that has been made possible with funding by the New York State Council on the Arts with the support of Governor Andrew Cuomo and the New York State Legislature. Karen's Produce and Ice Cream is also another wonderful supporter of these programs.

For information please call the Visitor Center at (518) 829-7516, email SchoharieCrossing@parks.ny.gov, or visit our web page: www.parks.ny.gov/historic-sites/schohariecrossing.

The New York State Office of Parks, Recreation and Historic Preservation oversees more than 250 individual state parks, historic sites, golf courses, boat launches and recreational trails, which are visited by 71 million people annually. For more information on any of these recreation areas, call 518-474-0456 or visit www.nysparks.com, connect on Facebook, or follow on Twitter.



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Hill & Markes Launches Backpack Giveback Fundraiser

Local Company aims to provide students with 1,000 backpacks filled with supplies

Hill & Markes, a family-owned wholesale distributor, is excited to announce the launch of their fundraiser called the Backpack Giveback. This year's goal is to provide 1,000 backpacks and supplies with a motivational note to help benefit children in need for the upcoming school year.

"We are excited to help provide backpacks and supplies for the upcoming academic year after such a challenging experience for students, teachers, and families during the pandemic," said, Jason Packer, CEO at Hill & Markes. "The Backpack Giveback is a way for the Hill & Markes team and our valued manufacturer partners to help make a positive impact in the future of many children attending school – giving them the confidence and supplies necessary to learn and grow."

Ownership and Hill & Markes employees are fully engaged to ensure this fundraiser is a huge success, sincerely hoping to make a difference in the lives of 1,000 children.

"We are excited to be able to provide the

children in our community with school supplies for the 2021-2022 school year! Our goal is to eliminate obstacles for students and their families so children can focus on learning and being kids," stated Jillian DeGiulio, Human Resources Manager at Hill & Markes.

The Hill & Markes Community Cares Store is open to the public for a limited time and features Hill & Markes merchandise – sweatshirts, T-shirts, backpacks, coolers, and more! All proceeds from the sales of these items will benefit the Backpack Giveback fundraiser!

You can browse the Hill & Markes Community Cares website at <https://hnmbackpackgiveback.itemorder.com/sale>. If you are not interested in purchasing any items from the Hill & Markes Community Cares store, but would like to contribute to Backpack Giveback, there is a donation option on the website.

Giving back to the community is important to the Hill & Markes mission and remains a core pillar of the company.

Membership News



Janet Davis

Director of Membership
and Member Services

Membership@fultonmontgomeryny.org

Destination One

Looking for unique advertising space? We have it. Destination One is located on the outside of the Fulton County Visitor's Center in Vails Mills and is an important detail of this destination that sees over 10,000 people annually. With two display cases offering large full-color ad spaces as well as specifically designated spots for your rack cards and brochures, this is a prime location for any business in our region looking to attract visitors and

residents alike!

We do have a few larger spaces available. These ads are displayed for a full year. The spaces we have available are 11 by 8 ¼ \$495/year. You can also leave several brochures and business cards at this location.

More and more people are staying in the area or NYS and looking for places to vacation, shop or just go on day trips. Do not forget people are always looking for a great place to eat or just get an ice cream.

This is the perfect place to advertise. Not only is the location great but you can see the travel center from the highway. We also have employees from the Chamber there to help with maps and questions tourists may ask.

The Chamber is always looking for ways to help our members advertise. What better way is than this?

If you have any questions please give us a call at 518-725-0641 or email me at membership@fultonmontgomeryny.org.

Welcome New Chamber Members!

Thank you for making an investment in your business, and in our region, with Chamber membership.

Great Sacandaga

Brewing Co. Inc.

3647 NY 30

Broadalbin NY 12025

Rock, Razor, Scissors

Barber Shop

4 South William St

Johnstown NY 12095

Chamber Member Anniversaries

The following businesses realize the value of their Chamber investment and have renewed their membership in the month of June of this year. Please note these member businesses and the year they joined! Thank you to all our renewing Chamber members:

Less than 5 Years

MVP Health Care.....	2017
Caren L. Pepper	2017
Hugh Johnson Advisors	2019
Hummel's Office Plus	2019

5 to 9 Years

Route 30 Wine & Liquor Depot.....	2012
Countryside Agency, Inc.....	2013
Hometown Health Centers	2014
The ShoeLeather Express	2015
Shorty's Southside	2015
Paul Nigra Center for Creative Arts and Transitions	2015
Palatine Nursing Home and Rehabilitation	2015
G. Jeremiah Ryan	2016
Fonda Fairgrounds	2016

10 to 19 Years

Northville Central School	2002
A.G. Cole Funeral Home, Inc.	2003
Mickey Parker Jr. State Farm Insurance ...	2004
The Flower Barn and Gifts	2004
Howard Hanna - Colleen Ioele-DeCristafaro	2004
Universal Warehousing, Inc.	2005
Bosco's Family Restaurant, Inc.	2006
Steet Toyota Johnstown-Gloversville	2007
Sikorski's Service Station	2008
National Jukebox Exchange, Inc.....	2008
Cranesville Properties, LLC.....	2008

10 to 19 Years continued

Empire Automotive Solutions, LLC	2009
Employment Resources	2010

20 to 29 Years

Heating Headquarters.....	1992
Harvey's Home, Garden & Pet Center/ Home Heating Headquarters	1992
Glove Cities Rotary Inc.	1993
Park Marine Base, Inc.....	1995
Gordon's Lakeside Marine.....	1996
Crystal Grove Diamond Mine and Campground	1996
Liberty ARC.....	1998
Amsterdam Pathology Associates	1999
Countryside Fuels	1999
Egelston Energy Company.....	1999
Edith Pryce M.D.	2000
Mangino Chevrolet	2001
Pops Lake Campground.....	2001
Town of Amsterdam.....	2001

30 to 39 Years

Palmer Pharmacy	1982
Arthur Carl Spring, Esq.	1983
Shrine of Our Lady of Martyrs	1983
Joyce Royal Real Estate.....	1983
Patti's Greenhouses, LLC	1987
Blue Flame Gas Company, Inc.	1988
Gloversville Sewing Center, Inc.	1990
Randall Implement Company, Inc.	1991
Kinowski Agency Inc.....	1991
Lutz, Selig & Zeronda.....	1991
Benjamin Moore & Company Inc.....	1991

40 to 49 Years

SF Fabrics, LLC.....	1979
Canada Lake Store and Marine.....	1977

**Visit The Chamber
online at:**

www.fultonmontgomeryny.org

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Tourism News



Anne Boles
Director of
Tourism Development
tourism@fultonmontgomeryny.org

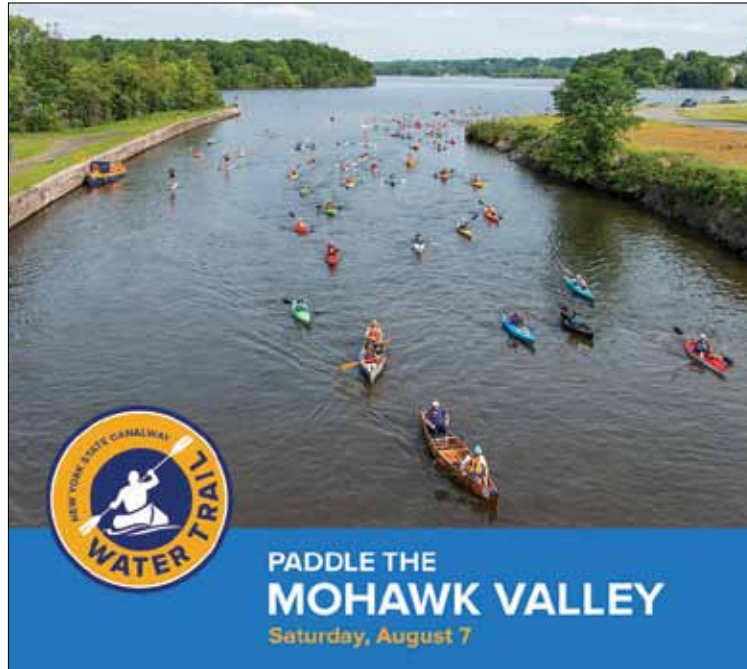
Paddle the Mohawk Valley Set for August 7

WATERFORD, NY — The Erie Canalway National Heritage Corridor is inviting people to sign up now for Paddle the Mohawk Valley, Saturday, August 7 from 9am-1pm. Participants will paddle the scenic and historic Mohawk River through Erie Canal Locks 11 and 12 and past several islands on this 5.5-mile guided half-day trip. Paddlers will start at Schoharie Crossing Boat Launch and paddle to Port Jackson/Amsterdam.

"We are eager to introduce people to paddling on the Erie Canal. Paddling safely together after a year of social isolation will be a wonderful way to celebrate and appreciate the recreational, scenic, and historic bounty of the Mohawk Valley," said Mona Caron, Program Manager for the Erie Canalway National Heritage Corridor.

"This summer is a season of economic recovery and finally getting back to the people and activities we love," said New York State Canal Corporation Director Brian U. Stratton. "That's why we're incredibly excited to promote paddling on the historic and scenic Erie Canal, one of the premier waters ways in the Empire State which will allow New Yorkers and tourists alike to appreciate it in all its glory."

Registration of \$25 includes shuttle to and from parking and lunch. Kayak rentals are available for a fee. To register: paddlemohawk2021.eventbrite.com



Paddle the Mohawk Valley, courtesy Erie Canalway National Heritage Corridor

About the Erie Canalway
Nearly 200 years after its construction, the Erie Canal remains an iconic symbol of American ingenuity and determination. The Erie Canalway National Heritage Corridor preserves our extraordinary canal heritage, promotes the Corridor as a world-class tourism destination, and fosters vibrant communities connected by more than 500 miles of waterway. It achieves its mission in partnership with the National Park Service, New York State agencies, non-profit organizations, local residents, and more than 200 communities across the full expanse of upstate New York. www.eriecanalway.org

Yankee Hill Tentrr Camping Experience

(www.tentrr.com/pages/new-york-canals) Yankee Hill Getaway lies on a thin strip of land in the middle of the old Erie Canal and the modern-day Barge Canal system. This area is teeming with places to bike, hike and explore the region's rich history. At the eastern end of the site is the Putnam Lock Stand, a historic general store that used to sell dry goods, meat, groceries, liquors and literature to canal travelers. Site B is a single campsite on the open lawn with one canvas platform tent facing the Mohawk River. An included pop-up tent can house additional campers (up to 4). Kick back and soak up the view from your Adirondack chairs. Your

group can enjoy the included fire pit, grill, picnic table and benches during your stay. If you're hungry after a day of adventure, the nearby town of Amsterdam (3 miles) also has several local restaurants and cafes as well as Riverlink Park which hosts outdoor concerts and has a boat dock.

The Fulton County 44 Lakes Craft Beverage Trail Launches

The Fulton County 44 Lakes Craft Beverage Trail welcomed guests with a kick off ribbon cutting of the trail itself. Assembly Robert Smullen attended as well as Jennifer Donovan from Senator Tedisco's office. Congresswoman Elise Stefanik could not attend, but did send a proclamation congratulating the craft beverage trail pioneers on the launch. Thank you to FMRCC board members for attending. It was a great day and looking forward to seeing all the good things the trail will bring to Fulton County and the region.

The 44 Lakes Craft Beverage Trail specializes with a craft beverage for everyone. Enjoy a proudly crafted NYS craft beer, cider, and spirits from our four inaugural taprooms:

Great Sacandaga Brewing Company
(3647 State Highway 30, Broadalbin)

Higher Ground Distilling



The Fulton County 44 Lakes Craft Beverage Trail kicked off with a ribbon cutting.

(2513 State Highway 30,
Mayfield)
Stump City Brewery
(521 West Fulton St. Ext,

Gloversville)
Rogers' Cideryard
(260 County Highway 131,
Johnstown)



VETERANS Salute to Service DINNER

Enjoy an evening of speakers, good food and Veterans outreach.
Free to all Veterans, Active Duty Service Members and a guest.

Salute to Service Dinner
Hosted by Salute to Service Veterans' Coalition

Keynote Speaker: Lorraine Diamond, Montgomery County District Attorney
Dinner Catered by Sturgess BBQ
Entertainment By: The Sophisticats

Raffles, Giveaways and Award Presentations!

Please Send RSVP To:
Register Online:
<https://2021VetsDinner.rsvpify.com>
E-mail: SaluteToService518@gmail.com
Call: Ashley or Genevieve at (518) 762-5182 by August 14th, 2021

RSVP required to ensure enough food

MEDAL OF HONOR SPONSORS:

Tourism News

Take the Fulton County Five Hiking Challenge:

www.44lakes.com/fulton-county-5-hiking-challenge/



FULTON COUNTY FIVE HIKING CHALLENGE

The "Fulton County Five" is a 5-hike challenge for our community and visitors to participate in and enjoy the beauty of our local hiking.

Please visit www.44lakes.com and click on "Hiking Challenge" tab for full description of hikes, patch, and certificate information.

Hiking challenges are designed to give people an opportunity to visit new places and explore new trails. This challenge is on a beginner/intermediate level and would be challenging but completable. The five trails are:

- *Nine Corner Lake
- *Kane, Mountain Fire Tower
- *Stewart and Indian Lake
- *Willie Wildlife Marsh
- *Mud Lake

Complete all 5 trails and receive a patch and a certificate!

This initiative was started as a conversation with Randy Gardinier, local hiking enthusiast. Randy has always enjoyed hiking and has done sections of the Northville-Placid trail, as well as a few high peaks in the Adirondacks.

The patch design was created by Makiya Smith, a PTECH (Pathways in Technology Early College High School) sophomore from Mayfield. While creating her design, she knew that she wanted a five-point shape to split in five for each trail. Smith used the pictures presented for inspiration, and highlighted the fire tower at Kane Mountain, the bridge at Willie Marsh, and the rocks at Nine Corner Lake.

www.44lakes.com

Fulton Montgomery REGIONAL CHAMBER OF COMMERCE

44LAKES.COM

SVAN (Sacandaga Valley Arts Network)

check out online event calendar : www.svanarts.org/events



Visit our SVAN Gallery & Gift Shop
at
303 South Main Street
Northville, NY 12134

OPEN: Late April to Late December
Thursdays - 10:00 a.m. - 4:00 P.M.
Fridays - 10:00 a.m. - 4:00 P.M.
Saturdays - 10:00 a.m. - 4:00 P.M.

Fine art of all kinds, including oil, acrylic and water paintings, original photographs, and digital art, are for sale. There is also a wide variety of cards and matted prints of original designs by SVAN artists and books written by local authors. Handcrafted jewelry, pottery, painted bottles, stained glass hangings, wood turned bowls, ornaments, pens, Harry Potter wands, wooden signs, driftwood art are featured, also. Whether you are shopping for gifts or looking for that something special for yourself or your home, you will enjoy the stop at the SVAN Gallery and Gift shop in Northville!
Contact Sandy Peters at 518-774-1799 for questions and appointments.

Visit our tourism event calendars for more information on these and other events happening in Fulton County, www.44lakes.com/calendar and Montgomery County, www.visitmontgomerycountyny.com/events-calendar.

Nathan Littauer Hospital Recognized for Considerable Lactation Care

The International Board of Lactation Consultant Examiners® (IBLCE®) and International Lactation Consultant Association® (ILCA®) have recognized the Lactation Care Team of Nathan Littauer Hospital for excellence in lactation care.

"We're proud to introduce new technology and medical approaches in breastfeeding support," says Nancy Quinlan, RN, IBCLC. "Our patients are excited. We are one of the seven New York State hospitals that applied and received this award for 2021-2023. We are a medical practice leader, and our breastfeeding support services remained strong during the pandemic."

The Lactation Care Team of Nathan Littauer Hospital has received the 2021 IBCLC Care Award in recognition for staffing professionals who hold the prestigious International Board Certified Lactation Consultant® (IBCLC®) certification and providing a lactation program for breastfeeding families.

Marin Skariah, MSN, FNP-BC, RNC-MNN, C-EFM, IBCLC, and Chair of the Board of IBLCE, recently stated, "Institutions that are awarded the IBCLC Care Award have dedicated their efforts to promote and provide a lactation program that makes expert assistance available when the breastfeeding family needs it. Through the presentation of this Award, IBLCE honors the work of IBCLCs around the world as they strive to advance global public health by providing expert lactation care to families and by promoting breastfeeding care to other healthcare professionals through advocacy and training."

IBCLCs focus on preventive care, so they are available during pregnancy to assess and provide information on how to successfully assist with breastfeeding. They continue that assistance after the baby is born by helping families overcome breastfeeding



challenges, providing accurate information, and continuing to support them as their baby grows. They assist families returning to work or school, help families in more unusual situations such as breastfeeding more than one baby or nursing a sick or premature infant, and help train nursing staff to manage basic breastfeeding care.

As allied health care professionals with the leading internationally recognized certification for professional lactation services, IBCLC professionals work in hospitals and birthing centers, clinics, public health agencies, private practice, community settings, government agencies, and in

research. There are currently more than 33,400 such professionals in 125 countries and territories worldwide that are IBCLCs (www.iblce.org). The IBCLC certification program is accredited by the National Commission for Certifying Agencies (NCCA). NCCA accreditation represents a mark of quality for certification program.

In addition to finding IBCLC professionals at Nathan Littauer Hospital, families can also find an IBCLC near them by visiting www.ilca.org. Follow the "Find a Lactation Consultant" link and search for an IBCLC by postal code, city and state, or country.

For more information on Littauer's Lactation Services, or the Lactation Care Team, visit their website at www.nathanlittauerhospital.org. For more information about the IBCLC Care Award program, contact IBLCE at award@iblce.org.

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Business Education Partnership News

HFM Pathways in Technology Early College High School (HFM PTECH)



Nicole Walrath
Director of
Workforce Development
NicoleW@fultonmontgomeryny.org



Jenna Patterson
Business and Education
Partnership Coordinator
jennap@fultonmontgomeryny.org

TOP RIGHT: HFM PTECH will be holding its annual Business Partner Meet and Greet on Thursday, August 12 at Fulton-Montgomery Community College (2805 State Highway 67, Johnstown) at 9 a.m.

Industry partners, mentors, business professionals, or anyone looking to get involved with HFM PTECH are invited to attend.

Incoming freshmen will participate in an icebreaker with business professionals outside at the Clock Tower with the Student Union building as a rain location.

Please RSVP to Nicole Walrath at nicolew@fultonmontgomeryny.org by Monday, August 9.

BOTTOM RIGHT: On Monday, July 12, PTECH students started their first day as an IBM intern! Our 10 students spent the day working with our partners at the Fulton Montgomery Regional Chamber of Commerce and IBM reps remotely to get their laptops set up for everything they'll need to do during their summer internships. Missed the story about the internships? Find it online: www.hfm-boces.org/10-hfm-ptech-students-to-take-part-in-paid-ibm-internships-this-summer/




**Statue Unveiling of Johnstown's
Famous Daughter
Elizabeth Cady Stanton**

THURSDAY AUGUST 26th 2021
Women's Equality Day
Starting at 4 PM
 
 Sir William Johnson's Memorial Park
& William Jenner Bandshell
 West Main Street Johnstown NY Fulton County
 
 Music, Presentations and more
 Bring Your Own Lawn Chairs and
 If Not Vaccinated, Please Wear Your Mask!
 Food will be Available
 Stay Tuned For More Info...


Author to speak on women's suffrage and bicycling

Thanks to a Saratoga Arts Community Arts Grant, the Elizabeth Cady Stanton Hometown Association invites you to hear Sue Macy, author of *Wheels of Change*, do a fascinating presentation on the importance of bicycling to the suffrage movement.

In the words of Elizabeth Cady Stanton, "The bicycle will inspire women with more courage, self-respect and self-reliance and make the next generation more vigorous of mind and body; for feeble mothers do not produce great statesmen, scientists and scholars."

Her friend and ally, Susan B. Anthony stated, "Let me tell you what I think of bicycling. I think it has done more to emancipate women than anything else in the world. I stand and rejoice every time I see a woman ride by on a wheel."

The presentation, which is free of charge and open to the public, will be held at 7 pm in the sanctuary at St. John's Episcopal Church, 1 N. Market St. in Johnstown (in the park), on Thursday, August 26.

Business Education Partnership News

HFM Career and Technical Education (CTE)

CTE offers hands-on path to high school graduation and beyond

With 16 programs available, the HFM Career and Technical Center offers many choices for local high school students interested in exploring possible career paths. Beyond career and technical skills, however, the center also offers students hands-on opportunities to earn credits required for high school graduation ranging from applied mathematics and algebra to economics and science.

“Instructors for academic subjects such as math and English are integrated into our programs at HFM, and they work with students helping them earn credit and master academic skills in the hands-on way career and technical education is known for,” CTE Principal Michael DiMezza said.

Juniors in the Environmental Conservation program, for instance, this past year gained some practical math experience while also learning how to site and wire solar arrays.

Working with HFM Math Instructor Ryan England and EnCon Instructor Craig Newkirk, students learned that before solar panels can be installed and wired on a job site, installers must first find the best location for the panels. To be the most effective – and to be eligible for tax credits – solar projects must be located where there is an average 80 percent daily sun exposure. Using a device called a Solar Path Finder, students were able to plot the sun’s path across the sky and identify areas shaded by obstructions such as trees and buildings. Students then were able to calculate and forecast the total annual percentage of sun exposure for a particular location.

Later in the project, EnCon students again employed math skills while learning to properly wire solar arrays. Analyzing data sheets from solar panel manufacturers, they learned how to estimate the voltage of a solar installation in order to meet residential building codes. Hands-on projects such as these will earn EnCon students an applied mathematics credit that will count toward the completion of their high school diploma.

Besides math, students in other CTE programs also earn high school credits in algebra, English, economics, Participation in Government (PIG), and anatomy & physiology. In addition, all CTE credits earned are counted towards a student’s high school diploma.

“Statewide the vast majority of career and technical students stay on track and graduate on time, and they do so at a rate far higher than the state average,” DiMezza said, noting the high school graduation rate for HFM seniors in the 2019-20 school year was 99 percent.

To learn more about HFM programs visit www.hfmboces.org/cte.



Environmental Conservation students at the HFM Career and Technical Center wire solar arrays.



An Environmental Conservation student at the HFM Career and Technical Center learn how to site solar panels by using a solar pathfinder to plot the sun's path across the sky.

Mayfield High School Arts in Business Pathway

Mayfield
CENTRAL SCHOOL DISTRICT

Arts
in
Business



What is the AiB Pathway Program?

- Four-year high school program
- Career-themed courses throughout
- Aligned with workforce needs
- Experiential, real-world opportunities
- Supported by the FMRCC

Ways to partner with AiB

We are looking for business professionals to support students in various ways.

- Guest Speaker
- Guest Judge
- Pathway Panel
- Workplace Tour
- Job Shadow
- Internship



Interested in learning more?

Contact: Jenna Patterson
Business and Education Partnership Coordinator @
Fulton Montgomery Regional Chamber of Commerce
Email: jennap@fultonmontgomeryny.org
Phone: 518-725-0641

Fulton  Montgomery
REGIONAL CHAMBER OF COMMERCE

Possible careers

Through the program, students can pursue jobs including:

- Freelance artist
- Photographer
- Website Designer
- Interior Designer
- Graphic Designer
- Fashion Designer
- Architecture

One of the ***Nation's*** Leading Experts in Robotic Surgery!

Set to surpass 2000 Robotic-Assisted Surgery cases by the end 2021, Dr. Ronald Marsh is one of the most experienced general surgeons in the area. Having perfected his techniques using the Da Vinci Xi, the most advanced surgical system in the region; Dr. Marsh has maximized the efficiency of his procedures to benefit his patients. This means patients spend less time under anesthesia, meaning fewer complications and a smoother recovery.

Whether you need a surgeon like Dr. Marsh or an appointment at one of our many other health centers, let St. Mary's Healthcare be your first stop for all your health care needs. St. Mary's Healthcare has an established tradition of healthcare in our community, with over 100 years of working together we offer that expert care you look for without the need to leave the area. From Primary through Specialty care you'll find the expertise – **Only at St. Mary's.**

Visit our new website, where finding what you need has never been easier!

www.smha.org/OnlyAtStMarys

Ronald Marsh, MD • Surgical Health Center



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